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Dear Parent or Guardian,

### **Re: Layers of COVID-19 protection**

We are currently seeing an increase in COVID-19 activity in Toronto in the sixth wave of the pandemic. During this time, we ask that residents remember to follow these tips to reduce the spread of COVID-19 and protect you, your loved ones and our community:

- Stay home if you are feeling unwell.
- Get all of your [recommended](#) COVID-19 vaccination doses, including any booster dose(s).
- Reduce or limit your close contacts.
- Keep a physical distance when possible, especially indoors.
- Wear a high quality, well-fitting mask, especially indoors.
- Wash or sanitize your hands often.
- Choose well ventilated spaces when possible.

### **Stay home and isolate if you have COVID-19 symptoms or a positive test**

Stay home and self-isolate if you or your family test positive for COVID-19 or have any COVID-19 [symptoms](#) even if they are mild.

- See: [My child has Symptoms- Now What](#) for more information.
- Find information about self-isolation on page 2 of the [screening questionnaire](#) on the City of Toronto website.
- Check to see if you can get [PCR testing](#) and [treatments](#) depending on your age and risk factors.

### **COVID-19 vaccination**

COVID-19 vaccination is still one of the most important tools to prevent serious illness. Vaccinations are safe and have been shown to prevent serious complications of COVID-19 even in children.

- Children can get their COVID-19 vaccine at a City-run immunization clinic, hospital clinic, or at one of the more than 525 participating pharmacies.
- Appointments can be booked by visiting the [Ontario COVID-19 Vaccination Portal](#) or calling the Provincial Vaccine Booking Line at 1-833-943-3900.
- Please see Toronto Public Health's (TPH) website for more information on [How to get vaccinated](#).

### **Wear a well-fitted, high-quality mask in public settings**

TPH recommends all individuals over the age of two wear a well-fitted, high-quality mask in indoor public settings to protect themselves and others from COVID-19 infection especially:

- If they are at higher risk of getting very sick from COVID-19.
- If they live, work or spend time with someone who is at higher risk of COVID-19, such as someone who has a weak immune system or is a senior.
- If they are in a crowded indoor setting with poor ventilation.

There are places and times where masks are still required. For more information, see our TPH website on [Face Masks and Respirators](#).

If you have general questions about COVID-19, please call the Toronto Public Health Hotline at 416-338-7600, Monday to Friday 8:30 a.m. to 4:30 p.m. Interpretation services are available. If you need immediate health care assistance, please call Telehealth Ontario 24 hours a day, 7 days a week at 1-866-797-0000.

Sincerely,

Nicole Welch  
Director  
COVID-19 Child and Youth Response Team  
Chief Nursing Officer